

February 2006

The Senior Scene Vistas de los Mayores

City of Santa Fe
Division of Senior Services



a complimentary monthly publication

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Office

1121 Alto Street, Santa Fe, New Mexico

Patricia Rodriguez, Director

Administration

Patricia Rodriguez, DSS Director 955-4799
 Ron Vialpando, DSS Assistant Director 955-4710
 Mary Dean, Administrative Supervisor 955-4777
 Gloria Polaco, Program Secretary 955-4721
 Sadie Marquez, Reception 955-4741
 Liz Williams, Reception 955-4741

Nutrition

Ron Vialpando, DSS Assistant Director 955-4710
 Lugi Gonzales, Program Administrator 955-4711
 Yvette Sweeney, Administrative Assistant 955-4739
 Carlos Sandoval, Inventory Supervisor 955-4749
 Enrique DeLora, Inventory Technician 955-4750

Meals On Wheels

Juan Apodaca, Program Supervisor 955-4748
 Robert Duran, MOW Assessments 955-4747

Senior Center Programming

Lupita Martinez, Center Prog. Admin. 955-4725
 Christine Sanchez-Warren, Prog. Coordinator 955-4715
 Cristina Villa, Program Coordinator 955-4733
 Carmen Chavez-Lujan, Prog. Coordinator 955-4754

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator 955-4760
 Cristy J. Montoya, Secretary 955-4743
 Patricia Moeller, Senior Services Clerk 955-4735

**In Home Support Services, Respite Care
 Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor 955-4745
 Katie Ortiz, Clerk Typist 955-4746

Senior Olympics/Health Promotion

Carmen Chávez-Luján, Program Coordinator 955-4754

Senior Registration

Brenda Ortiz, Database Specialist 955-4722
 Connie Valencia, Support Staff 955-4734

Transportation

Ride Reservations 955-4700
 Robert Chavez, Transportation Manager 955-4738
 Fran Rodriguez, Transportation Dispatcher 955-4702
 Linda Quesada, Administrative Secretary 955-4756

Miscellaneous

Lobby Area 955-4735
 Craft Room 955-4736
 Pool Room 955-4737
 Senior Olympics Meeting Room 955-4740
 FAX Machine - Administration 955-4797
 FAX Machine - Nutrition 955-4794
 Conference Room 955-4757

Newsletter Production

Kristin Slater-Huff, Editor
 Valerie Chelonis, Graphic Artist
 David R. Gonzales, Cover Illustration, "Adobe House,
 Santa Fe"

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO 351-4686
 Benny Chavez Community Center
 Chimayo, New Mexico 87522
 EDGEWOOD 281-2515
 114 Quail Trail
 Edgewood, New Mexico 87015
 EL RANCHO Community Center 455-2195
 P.O. Box 3860
 Santa Fe, New Mexico 87501
 ELDORADO No Phone
 1 Hacienda Loop
 Santa Fe, New Mexico 87505
 LUISA 955-4717
 Kitchen 955-6898
 1522 Luisa St. (enter from Columbia St.)
 Santa Fe, New Mexico 87501
 MARY ESTHER GONZALES 955-4721
 1121 Alto St. Santa Fe, New Mexico 87501
 MEG Kitchen 955-4751

PASATIEMPO
 Kitchen 955-6433
 664 Alta Vista St.
 Santa Fe, New Mexico 87501
 RIO EN MEDIO Community Center 988-3053
 El Alto Lane
 Rio en Medio, New Mexico 87506
 SANTA CRUZ 753-8598
 Abedon Lopez Community Center
 Santa Cruz, New Mexico 87567
 VENTANA DE VIDA (Pacheco) 955-6731
 1500 Pacheco St.
 Santa Fe, New Mexico 87505
 VILLA CONSUELO 474-5431
 1200 Camino Consuelo
 Santa Fe, New Mexico 87505

DIRECTOR'S REPORT

Dear Seniors,

The Alliance for Area Agencies on Aging (A4AAA) is a group of aging network representatives from throughout New Mexico. The Alliance works all year to assure collaboration and cooperation among professionals who provide services for seniors, and to create comprehensive annual legislative funding requests on behalf of all seniors. In order to represent you and your programs, I am on the Alliance, as is another Santa Fe Senior Services staff member.

The 2006 Aging Network Request proposed by the Aging and Long-Term Services Department is needed to provide critical services to seniors. The total amount is \$10,010,538.00, to cover maintaining existing services (maintenance of effort) as well as enhanced or new services. The six Planning and Service Areas (PSAs) cover the entire state of New Mexico. Santa Fe County is in PSA II. The total request is as follows:

PSA-I City of Albuquerque/Bernalillo County	\$1,662,816
PSA-II North Central AAA (13 counties)	\$1,523,203
PSA -III Eastern NM AAA (11 counties)	\$1,632,856
PSA -IV North Central AAA (8 counties)	\$1,141,712
PSA -V Navajo	\$ 887,520
PSA-VI Indian AAA (19 Pueblos & Tribes)	\$1,561,400
Volunteer Programs	\$ 631,534
Senior Olympics	\$ 229,055
Alzheimer's Services	\$ 305,022
Aging & Long Term Service Dept.	\$ 435,420

Services include adult day care, Alzheimer's respite, case management, chores, congregate meals, home delivered meals, home visiting, housekeeping, personal care, respite care, assisted transportation, shopping assistance, Senior Companion, Foster Grandparent, Retired Senior Volunteer Program (RSVP) and Senior Olympics. Included in the total request is \$289,591 for salaries and benefits for providers.

Realizing that the legislature is rarely able to award us the entire amount of our request, the Alliance chose maintenance of effort as our priority. This request is for \$5,629,878.00.

We ask that you join us in expressing to our legislators the importance of the 2006 funding. When you speak or write to them, please remember to thank them for their support in previous years.

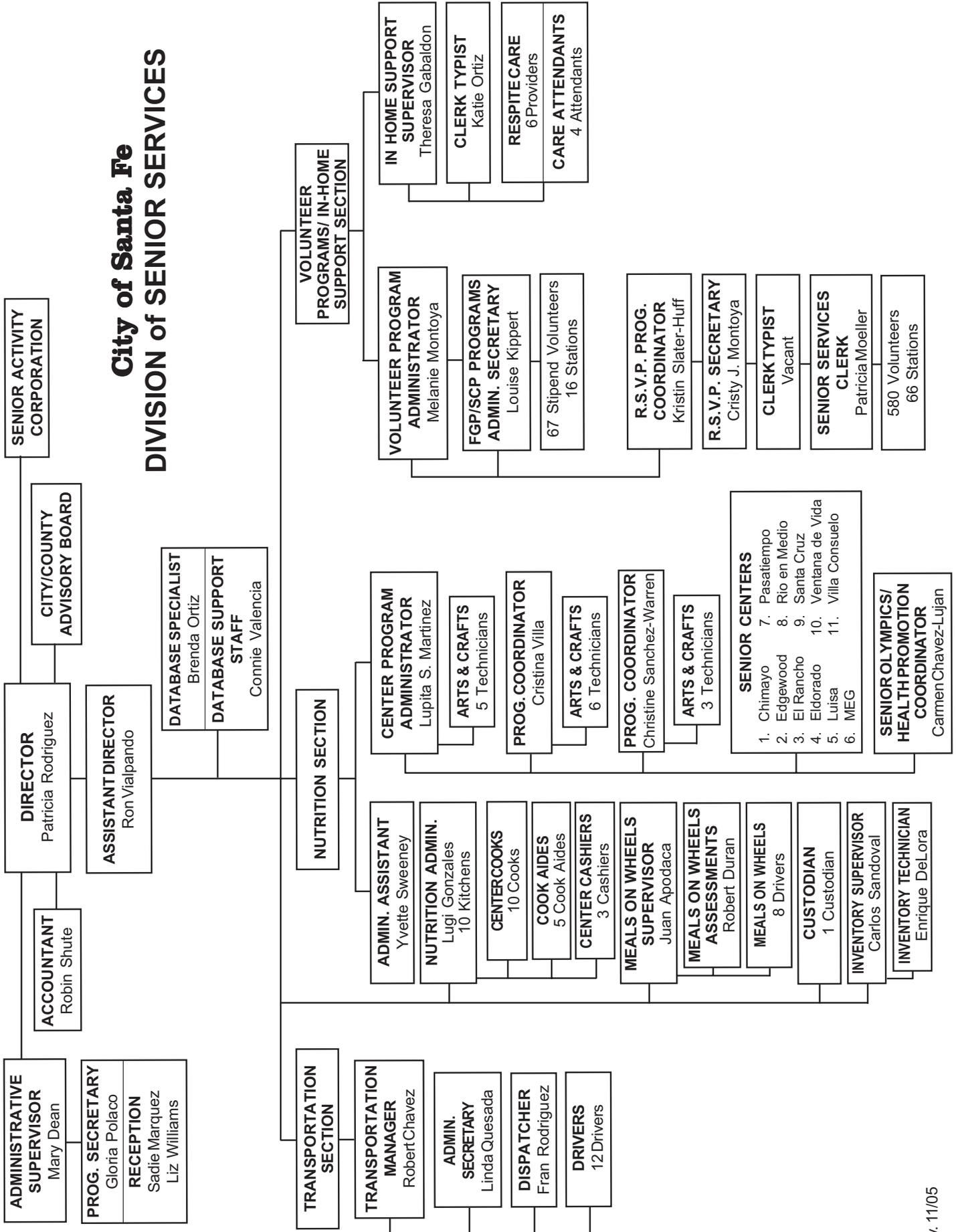
Sincerely,



Ron J. Vialpando,
DSS Assistant Director/Alliance Member

City of Santa Fe

DIVISION of SENIOR SERVICES



SENIOR SERVICES PROGRAM INFORMATION

Do you have a Senior Center Membership ID Card?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive funding for our programs. So, it is vital for seniors to get a card and have it each time they use any Senior Services program.

If you do not have a card, please come get one. The card only costs \$2 and \$1 if you lose your card or information needs to be updated.

If you have any questions, please call Brenda Ortiz at 955-4722.

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a senior program.

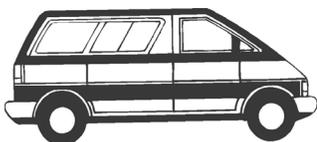
The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for congregate meals service only), and/or
4. Be an active, registered Retired and Senior Volunteer (RSVP) age 55 or older; **and must**
5. Be an enrolled member of the DSS, having obtained a Senior Center Membership I.D. Card.

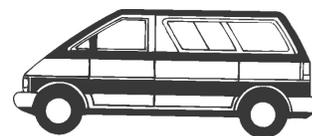
For individuals who currently possess a Senior Membership I.D. Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.

THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR FEBRUARY 2006

M.E.G. Center	Tuesdays	7, 14, 21, 28	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	2, 9, 16, 23	9:30 to 12:00 & 1:30 to 3:00



SENIOR TRANSPORTATION INFORMATION



- Cost:** Seniors age 60 or over .50¢ suggested donation per ride (one way trip)
Under 60, but **ADA certified, \$2.00 required fee** per ride (one way trip)
- Schedule:** Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays, and 8:00 a.m. to 4:30 p.m. on Mondays, Wednesdays, Thursdays, & Fridays.
Rides for medical appointments are given top priority over all other rides.
Rides for personal errands and shopping assistance should be scheduled on Tuesdays and Thursdays. Every 3rd Tuesday rides will only be provided for commodities, medical appointments, and the lunch run.
- Contact:** Call 955-4700 for all ride reservations.
Ride reservations must be made **at least 24 hours in advance**, before 3:00 p.m.
Ride reservations for medical appointments should be set as soon you are aware of the scheduled medical appointment time. **In order to avoid delays in service, contact our office immediately to cancel scheduled rides.**

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

NEWS & VIEWS

They Will Be Missed.....

David Romero

Age 62, went to be with the Lord on Christmas Eve from a massive stroke. His loving wife and best friend, Kathie "Kitty" Romero, survives David. David served in the U.S. Army and retired from the postal service after 33 years of service.



David was a remarkable man in so many ways. He touched the hearts of every person he met. He was a gourmet cook who enjoyed making special dishes for his family. He shared his artistic talents with the women in the craft classes at all the Santa Fe Senior Centers. He attended classes as a student, but volunteered to assist the other students when they needed it. At home, he had a studio for his stone sculpting, and a beautiful "state of the art" back yard.

Roberto Suazo

Age 83, of Santa Fe passed away on Tuesday, January 3, 2006, after a brief illness. He was born May 18, 1922. He served in the U.S. Army during WW II and later with the New Mexico National Guard. He worked as a contractor in Santa Fe for many years and was also a gunsmith. He was a member of DAV and former member of the VFW. He was an active hunter and avid fisherman.

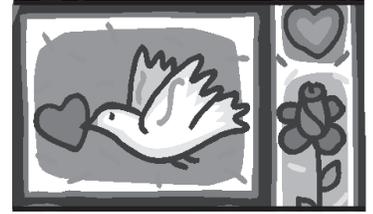
He will be greatly missed by his friends at the MEG pool room.

Learn to be Lucky

(From *Tomorrow Magazine* July 2003)

When something happens by chance, follow up. Lucky people tend to notice and act on good things that occur by happenstance. Trust your instincts. If you simply know something is right or wrong, it probably is. Believe that good things will happen. Expectations have a way of coming true. When bad things do happen, try to find the bright side. Don't dwell on the negative. Move on quickly.

Obras de Amor



A wonderful group of volunteers is preparing the second annual day of Obras de Amor (Works of Love), to provide service to seniors who need assistance with their home or yard. This project was started last year by members of Christian Life Fellowship Church who wished to dedicate themselves to a day of hands-on, non-professional work for frail, homebound or needy seniors in Santa Fe. They take on tasks from weeding a yard to painting a house to hauling garbage to doing minor repairs. The only stipulation is that the work they do must be able to be completed in one day.

The volunteers perform these duties in good faith and do not offer any sort of guarantees on their work. They are not all professionals in those fields of service (although they do attempt to get professionals to work on specialized projects). They are there to lend a willing hand.

This year, their day of Obras de Amor will be Saturday, April 22nd.

They are currently seeking names of people who could use their help. There is no fee for the service, but if you can afford the materials needed, they would appreciate it. They select recipients based on need and try not to turn anyone away. If you or someone you know would like their help, please call the RSVP office at 955-4760 for a form.

Next month, they will begin collecting names of interested volunteers.

Upcoming Performances

The Santa Fe Pro Musica Chamber Orchestra with Caitlin Tully on violin, perform at 6 p.m. February 18 and 3 p.m. Feb. 19, at the Lensic Performing Arts Center, 211 W. San Francisco St. Tickets range from \$5 to \$55. For information and tickets, call 988-4640.

The National Dance Institute of New Mexico will perform Prokofiev's "Peter and the Wolf" at 6 p.m. Feb. 25 and 3 p.m. and 5 p.m. February 26, at the Santa Fe Dance Barns, 1140 Alto St. Tickets range from \$15 to \$50. For information and tickets, call 988-4640.

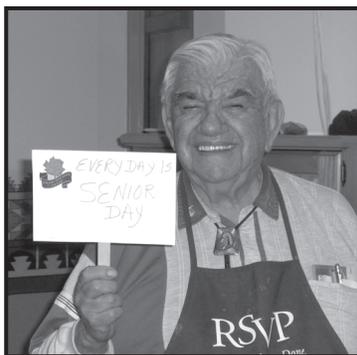
NEWS & VIEWS

Legislative Advocacy

Thursday, January 19, 2006, was Senior Day and Alliance for Area Agencies on Aging Day at the New Mexico State Legislature. Enthusiastic senior citizens from all over the state went to the Roundhouse to show their support for senior programs. There were speeches by elected officials and members of the aging network as well as performances by several senior groups. AARP New Mexico provided box lunches for 1,000 seniors.

In order to demonstrate their commitment to senior program funding, some seniors at MEG Center made fans with the logo "Every Day is Senior Day".

Thank you to all the seniors who showed their support!



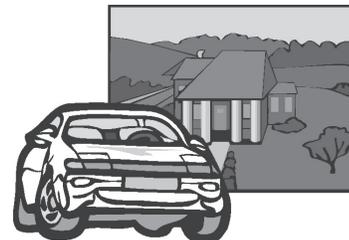
AARP WPS

The AARP Widowed Person's Service (WPS) offers support to those 50+ who have lost a spouse, whether it was a few months ago or many years ago.

Small, consistent groups meet weekly. The next session begins in mid-February. If you are interested, please call the facilitator at 982-2736.

AARP Defensive Driving Classes

Sign up now for AARP's 55 Alive Defensive Driving Classes. These mini-courses meet for two half-days (from 1:00 to 5:00 p.m.) to go over safety tips for seniors on the road. Many insurance companies in New Mexico give discounts to individuals age 55 or over, who take the course. You must attend both days to complete the course and obtain a certificate.



The fee is \$10 to cover materials and classes meet at the Mary Esther Gonzales Senior Center at 1121 Alto Street in Santa Fe. To register call Herb Harris, Assistant State Coordinator for 55 Alive, at 471-7043.

The next session is: Tuesday, April 11 and Thursday, April 13.

Living Well with a Disability

"Living Well with a Disability" is a free workshop designed for adults with physical and chronic disabilities. The workshop, sponsored by New Vistas, consists of 8 two-hour weekly sessions. Participants will learn skills to help prevent health problems, beat the blues, seek appropriate information, enhance physical fitness, have healthy relationships, and set effective goals.

Classes will be held Tuesday afternoons, beginning February 14th. Participants will meet at the New Vistas building at 1205 Parkway Drive. Group is limited to 10 participants, so call 471-1001, Ext. 124 now to reserve your space.

NEWS & VIEWS

ECHO Commodities Food Distribution

At the County Extension Bldg.
3229 Rodeo Rd.

Third Tuesday
of every month
9:30 a.m. - 1:30 p.m.

Next Distribution February 21.

Call 505-242-6777 for more
information.



Family Caregiver Support Group

February 15 1:00-3:30
Luisa Senior Center
For more information,
call Theresa at 955-4745.

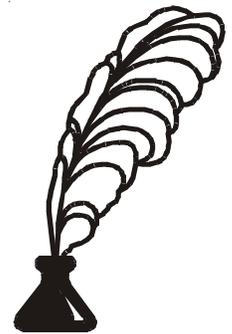


Writing Workshop

FREE!

Documenting Change in Northern New Mexico

**Robert Wolf, Workshop Facilitator
Director, Free River Press**



Being that the first writing workshop was such a success, we are holding two additional Free River Press Writing Workshops at the following senior centers:

Santa Cruz
Wednesday thru Friday
February 22-24

Mary Esther Gonzales
Wednesday thru Friday
March 15-17

Sessions will be held 10:00 AM to 3:00 PM each day. Participants will be assisted in writing accounts of personal experiences illustrating life in northern New Mexico. Participants are asked to commit to the full three days to allow enough time to finalize their stories.

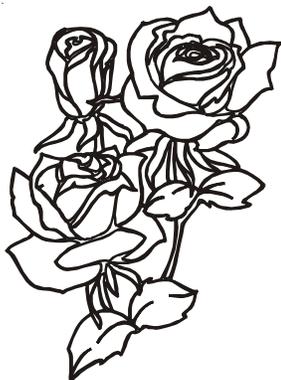
For the past dozen years Robert Wolf has been roaming the American landscape, organizing writing workshops in cities and rural hamlets, in farmhouse dining rooms, church basements, schools, libraries, and colleges. The Free River Press goal is to amass a body of writing that someday will resemble a collective autobiography of America.

The workshop is orally oriented, which means that participants tell their stories before writing them. Participants are asked to write their stories as closely as possible to the way they told them, and not to worry about spelling, punctuation, or grammar. The important thing is to write the first draft as quickly as possible. The process assumes that we share an innate wisdom of what makes for a good story.

At the close of the workshop, stories will be collected, compiled, and edited to form a small book to be published by Free River Press.

Space is limited to 20. To register call Gloria at 955-4721. For further information see www.freeriverpress.org.

NEWS & VIEWS



Look to This Day

(From *Healthy Aging* Early Summer 2005)

When we spend our time always focused ahead, it is hard to live in the moment. Yes, you can plan for tomorrow, but you don't start living it until it is today. How you get through life is the same way

sand gets through an hourglass, grain by grain.

So it is with the day and your difficulties. If you deal with what needs to be done one grain at a time, eventually your hourglass of problems will empty itself.

The Indian writer Kalidasa wrote:

"Today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope."



Free Car Service for Seniors

Low income single moms, single women and seniors can get their oil changed, get their tires and windshield washer fluid checked, get their windows washed and their car vacuumed all for free. The recipient does not pay anything-not even for the oil.

This is part of a one-day volunteer outreach service on April 22, through Obras de Amor.

If you are interested, call Martha at 982-4940 or Christian Life Fellowship church at 984-1000. Leave your name and phone number, the make, model and year of car, and size of engine.

Please call as soon as possible to make sure you get on the list and to make sure that they have the right kind of oil for your car.



AARP's Stand on Social Security

(From *AARP Bulletin* June 2005)

AARP is committed to working with both political parties to help ensure that Social Security remains strong for all Americans. Now is the time to put aside polarizing ideas that won't work and get serious about strengthening Social Security so it's fair for everybody. The next generation of Americans deserves a Social Security program that is based on adequate and secure benefits.

This means:

- A predictable and stable foundation that provides a risk-free retirement benefit that can't be outlived for all who contribute.
- Disability and survivor benefits to protect workers and their families.
- Full participation so the solution is fair to everyone.
- Adequate benefits for low wage retirees to assure at least a minimum standard in retirement.
- Benefits based on contributions for all who pay into Social Security.
- Annual adjustments that keep benefits up with the cost of living.

With shared responsibility, we can ensure Social Security's promise for future generation. Everyone can contribute to a fair and balanced solution so that we meet our obligation. Whether it involves changes to benefits, to revenue or some combination of both, we must meet the needs of all Americans.

NEWS & VIEWS



FREE TAX ASSISTANCE

AARP Tax Aide, in cooperation with Tax Help N.M.
and the Division of Senior Services, offer tax preparation

Trained volunteers will complete your
Tax Year 2005 Income Tax return,
free of charge.

February 1 - April 17

Appointments are not necessary.
First come, first served.

TWO LOCATIONS

*Santa Fe Community College's West Building Atrium
Mon. - Fri. 9 - 5:30, Sat. 9 - 4, 428-1780*

*Pasatiempo Senior Center, 664 Alta Vista St.
Mon. - Sat. 10 - 2, 988-2859 Ext. 152*

(Senior Services Transportation will be available Mon-Fri)

Please bring your Tax returns from 2004.

Most seniors are eligible for rebates,
even if they did not receive any income in 2005.
Please come find out what rebates you are eligible for.

For more information, go to www.taxhelpsf.org

LEGAL & CONSUMER INFORMATION

At your door, the Store, or on the Phone

(From the Santa Fe Police Department)

Protect yourself against these common types of consumer crimes:

Medical Fraud. Ask your health care provider for advice before buying into “miracle cures” or special deals.

Sweepstakes Scams. Don't pay anything or give your credit card number in order to claim a “free prize”

Land in the Sun Deals. Never buy sight unseen. Check out the property and seller.

Insurance Fraud. Carefully read offers that claim large benefits at low rates. They may be exaggerated.

Business Schemes. Beware of work at home job offers with registration fees.

Home Repairs. Avoid “free inspections.” Deal only with firms you trust to avoid unnecessary repairs. Ask to see licenses (if required in your state).

Buyer Beware. Before you agree to anything:

- Check out offers with the Better Business Bureau.
- Get advice from people you trust.

Sales Gimmicks

The “Bait and Switch” Stores lure you in for a “bargain,” then try to sell you a more expensive model.

Fear Sell Tactics Beware of sales claims that play on your fears of misfortune.

Harmless Contracts Fine print clauses can cost you plenty! Read contracts carefully and ignore verbal promises.

Referral Selling You may get the “discount” only if you get friends to buy, too.

Pressure Tactics Beware of salespeople who rush your decision.

Debt Consolidation Watch out for sky high interest rates in these plans.

Stop Crooked Salespeople.

- Don't sign anything you don't understand. See a lawyer, if needed.
- You aren't getting straight answers, end the conversation.



Living Wills: Peace of Mind

(From *AARP Magazine* July/August 2005)

A lot of living wills don't work because people don't formulate well thought out wishes. They also don't write them down clearly or anticipate how complicated a situation can become. No living will is ironclad, but here's what you can do to be reasonably confident that your doctor, friends, and family will honor your last wishes.

- **Make a record.** Write down in clear language exactly what kinds of medical treatment you want or don't want, so there is no room for misinterpretation. Be specific, “a living will should also address whether or not you would like to receive pain medication.
- **Appoint a Guardian Angel.** Make sure the people you choose are well informed about your wishes and strong willed enough to carry them out in the face of opposition from family members. To ensure that your agent has legal authority to make decisions on your behalf, fill out a form for durable power of attorney for health care, which you can get through your doctor's office or hospital.
- **Speak up.** Discuss your wishes with your family and close friends and also give them and your health care agent copies of your living will.
- **Follow the rules.** Almost every state has suggested forms to use that you can get through your doctor's office or local hospital.

You can download for free state-specific forms from Caring Connections www.caringinfo.org; 800-658-8898.

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.

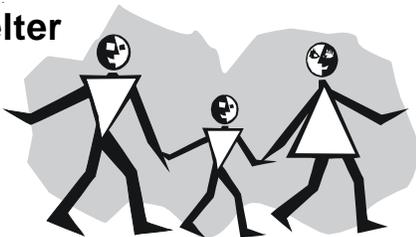
Odyssey Hospice

If you would like to get acquainted with some very dedicated and talented volunteers who work every week for the benefit of hospice patients, please join this group! They gather each Monday at 1:00 to **make a variety of crafts** to brighten the lives of those nearing the end of life.

Monday, February 13, 2006, they will have tea and Valentine goodies at the MEG Senior Center and you can see the many projects created by this group of volunteers during the past year. They welcome new members and hope you will drop by and visit.

Esperanza Shelter

For 25 years, Esperanza Shelter has been helping women, men and children who are the



victims of domestic violence. The Shelter helps battered people of all backgrounds set goals for independent living, and protects them against the domestic violence and abuse that occurs in their daily lives. Esperanza Shelter is funded by Federal, State and local grants for housing, operation costs, and direct services programs.

Volunteers at Esperanza go through rigorous training and screening processes and then commit to volunteering for an extended period of time. There are volunteer opportunities to help with **office reception** and sometimes to **work with clients** directly.

Library for the Blind and Physically Handicapped

There are many avid readers who can no longer read fine prints of books, magazines and newspapers. The New Mexico State Library provides services to those who qualify for these services. The library furnishes the free books on cassette, reading machines, and free postage through the U.S. Postal Service. These books cover a variety of subjects, from westerns to history, love stories to mysteries, just like a public library.

The volunteers there can either **read books** into a recording machine, **run the recording machines**, or **repair the recording machines**.

Santa Fe Public Libraries

There are many individuals who enjoy reading for relaxation or turn to books for needed information. The staff members at the **Santa Fe Public Libraries** appreciate those people and work hard to serve them.



They can always use volunteers to support that work. You can help with **reshelving or repairing books**, or else you can **sell books** in the little book shop at the main library. It's fun to browse through the books on the shelves.

Center for Contemporary Arts

Add some art to your life. The CCA (behind the Santa Fe Children's Museum) is a vibrant, exciting venue for film, performance, fine art and more. There are special screenings, events, lectures and exhibits all year long.



Volunteer to be an **usher, help with ticket sales, or assist with other events**, and you will get reduced or free admission, a chance to meet interesting people, and an avenue to expand your horizons.

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

The Value of Volunteer Time

(From www.independentsector.org)



It is very difficult to put a dollar value on volunteer time. Volunteers provide many intangibles that can not be easily quantified.

For example, volunteers demonstrate the amount of support an organization has

within a community, provide work for short periods of time, and provide support on a wide range of projects.

The value of volunteer time presented here is the average wage of non-management, non-agricultural workers. This is only a tool and only one way to show the immense value volunteers provide to an organization. The Bureau of Labor Statistics does have hourly wages by occupation that can be used to determine the value of a specialized skill.

The value of volunteer time is based on the average hourly earnings of all production and non-supervisory workers on private non-farm payrolls (as determined by the Bureau of Labor Statistics). Independent Sector takes this figure and increases it by 12 percent to estimate for fringe benefits.

In 2004 (the latest year for which statistics are available) the average value for one hour of volunteer labor in the United States was \$17.55.

Using that figure, the 501 RSVP volunteers who reported working a total of 136,285 hours in the year 2005, saved the City and County of Santa Fe a total of \$2,391,801.75!

What an amazing gift to our community!



Birthdays this Month

The Retired and Senior Volunteer Program
wish a very happy birthday to our RSVP
volunteers born in the month of

February

Edie C. Cook	2/2	Ross Martinez	2/13
Henry E. Gonzales	2/2	Patricia Lavengood	2/14
Cathy M. Lomax	2/3	J. Barbara Harvey	2/19
Eutilia M. Alarid	2/5	Henry Aranda	2/20
Leonora Feitelson	2/5	Ross M. Quintana	2/22
Joe O. Fernandez	2/7	Connie R. Kinsey	2/23
Gabriel R. Gallegos	2/8	Geraldine Brown	2/24
Charles F. Knapp	2/8	James A. Demarest	2/24
Josie Vigil	2/8	Donald Doerrer	2/24
Don W. Leffelbein	2/9	Carol Kurth	2/24
J.R. Roybal	2/9	Socorro Anchondo	2/25
Ana Maria Martinez	2/11	Doris Jean Armstrong	2/25
Juanita L. Quintana	2/11	Fred W. Quesenberry	2/25
Lugardita Gomez	2/12	Dorothy E. Shiro	2/25
Leland B. Meyer	2/12	Sadie Medina	2/26
Pauline Vigil	2/12	Ben M. Sandoval	2/26
Orlando Watson	2/12		

Have a Great Day!

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAM

Volunteers Needed

If you or someone you know is ready to make a difference in our community, the FGP and SCP volunteer programs would like to hear from you. Placements are available in the local public schools, Head Starts, nursing homes or private senior homes. Income-eligible seniors will receive a modest tax-free stipend, mileage reimbursement and the satisfaction of helping children with special and/or exceptional needs or lonely, isolated senior citizens. Call Melanie or Louise at 955-4761 for more information.

Volunteer Spotlight



Catalina "Katie" Ortiz, SCP Volunteer

Katie Ortiz has been with both the Senior Companion Program and Foster Grandparent Program for over eight years. As a Foster Grandparent, she volunteered at Alvord Elementary where she loved mentoring the children. She is currently a dedicated Senior Companion where she has two clients that she assists on a daily basis. Katie's clients depend on her to take them to the doctor, keep their medications in order and provide companionship and assistance with everyday tasks that healthy people take for granted. She particularly enjoys being a Senior Companion because she is able to help people in need and continue to be involved in the senior population. She feels that it is important for seniors to remain active – to get out of the house and make a difference in the community. Not only will you see Katie out and about helping her clients, she also works part-time at the MEG Senior Center where she assists in the In-Home Support Services section. She diligently keeps the schedules

in order and never complains about the stack of papers that she has on her desk.

Katie was born here in Santa Fe and has lived in our beautiful town all of her life. Prior to her volunteer duties, she retired from the State of New Mexico where she was an Information Specialist. We joke that she is still an Information Specialist because many seniors depend on her for information pertaining to their medications, income questions, etc.

It is obvious that Katie has a strong family bond because she frequently talks about her family and events that they share together. She has four children, 12 grandchildren and six great-grandchildren.

Thank you Katie, for your dedication to our volunteer programs and to our senior community.

In-Service Training

February's in-service training will focus on maintaining your brain, a presentation by the Alzheimer's Association. The good news is that we now know there's a lot you can do to help keep your brain healthier as you age. The speakers will offer steps that might also reduce your risk of Alzheimer's disease or other dementia. FGP and SCP volunteers will not be required to work on this day and should plan on attending this worthwhile training.



Pete Abeyta, Rod Bayardo and Margarito Garcia enjoy lunch at the Winter Recognition Banquet.

Wow! None of our FGP's or SCP's were born in the month of February. If you were born in the month of February and would like to be an FGP or SCP volunteer, please call 955-4761.

ACTIVITIES *schedule by center*

All activities are free of charge and open to eligible seniors with a senior center membership ID card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

	CHIMAYO		Re-Routed	PASATIEMPO	Re-Routed
Weaving Open Crafts Ceramics Shopping/Errands Exercise	Monday Tuesday Wednesday Thursday Wednesday	12:30 pm 12:30 pm 12:30 pm 12:00 pm 11:00 am	These Classes are re-routed due to upcoming kitchen renovation at Pasatiempo.		
Board Games Ping-Pong Ceramics (beg.) Exercise Bingo Ceramics Leatherwork Sing-A-Long Art Technique	EDGEWOOD Mon. thru Fri. Mon. thru Fri. Monday Tuesday Tuesday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 10:00 am 12:30 pm 1:00 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm	Guitar (beginner) Exercise Sewing Wood/Straw Tai Chi Sounds of the Past (English)	Mon. M.E.G. Mon./Wed./Fri. M.E.G Wed. Ventana Wed. M.E.G Thur. M.E.G Mon. Luisa	9:00 am 10:00 am 1:00 pm 9:30 am 9:00 am 11:30 am
Bingo Ceramics Exercise Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Monday Monday Mon./Wed. Tues./Wed./Thur. Thursday	12:00 pm 12:00 pm 10:00 am 9:00 am 12:00 pm 12:00 pm	Art Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Tuesday Wednesday Wednesday Wednesday	10:00 am 10:00 am 10:00 am 12:30 pm
Coffee Pool/Cards Liquid Embroidery *Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Walking Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Monday Mon. Tuesday Wednesday Friday Friday Last Wed. of Month	8:00 am 8:00 am 9:00 am 11:30 am 11:45 am 9:00 am 8:30 am 1:00 pm 1:00 pm	Weaving Ceramics Open Crafts Exercise Wood/Straw Shopping/Errands Excercise	SANTA CRUZ Tuesday Monday Tues./Fri. Thursday Tuesday Thursday Tuesday	9am/12:30pm 12:30 pm 9:00 am 12:00 pm 12:30 pm 12:00 pm 10:00am
Exercise Pool/Cards Hospice Crafts Bingo Movie Day Ceramics Wood/Straw Quilting Spanish Sing-A-Long Line Dancing Knitting	M.E.G. Mon. thru Fri. Mon. thru Fri. Monday Mon./Wed. TBA 2nd Tuesday Wed./Fri. Thursday Thursday Wed./Fri. Friday Friday	7:30 am 8:00 am 1:00 pm 1:00 pm 12:45 pm 9:30 am 9:30 am 10:00 am 11:30 am 1:30 pm 2:30 pm	Bd. Games/Cards Coffee Bingo Art Technique Open Crafts Exercise Toastmasters	VENTANA DE VIDA Mon. thru Sat. Mon. thru Fri. Monday Tuesday Friday Wed./Fri. Monday	10:00 am 11:00 am 2:00 pm 1:15 pm 1:15 pm 8:30 am 6:30 pm
			Coffee Ceramics Open Crafts Bingo Wood/Straw Exercise	VILLA CONSUELO Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Friday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm 10:00 am

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES *schedule by class*

All activities are free of charge and open to eligible seniors with a senior center membership ID card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	2:00 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:00 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.

COFFEE

Luisa	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday

EXERCISE

Edgewood	10:00 am	Tuesday
El Rancho	10:00am	Monday
Luisa (Walking)	8:30 am	Friday
M.E.G. (Open)	7:30am-4:30pm	Mon. thru Fri.
*M.E.G. (Class)	10:00 am	Mon./Wed./Fri.
Santa Cruz	10:00 am	Tuesday
	12:00 am	Thursday
Ventana de Vida (Class)	8:30am	Wed./Fri.
Villa Consuelo	10:00 am	Friday
Chimayo	11:00 am	Wednesday

GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

LEATHERWORK

Edgewood	1:00 pm	Wednesday
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MOVIE DAY

Luisa	1:00 pm	Last Wed.
M.E.G.	12:45 pm	2nd. Tues.

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Tues./Wed./Thur.
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri
Ventana de Vida	1:15 pm	Friday
M.E.G. (Hospice)	1:00 pm	Monday

PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

M.E.G.	10:00 pm	Thursday
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SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:45 am	Tuesday
*Luisa (English)	12:00 pm	Mon.
M.E.G. (Spanish)	11:30 am	Wed./Fri.

TAI CHI

*M.E.G.	9:00 am	Thursday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
*M.E.G.	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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*These classes are re-routed due to upcoming kitchen renovation at Pasatiempo.

ACTIVITIES

Valentine Dance



Tuesday, February 14

1:00 pm - 4:00 pm

Mary Esther Gonzales Senior Center

1121 Alto Street

Featuring Live Music Sombra

\$2.00 admission

Sponsored by David Schutz

Senior Artist Spotlight: Carolyn Ann of the Edgewood Senior Center



When I received my degree from Trident College in North Carolina, I was asked to join the staff there and taught art until moving to California.

I have been doing art since I can remember. I did my first portraits in 6th grade, and they were of all of my homeroom classmates. My first one person show was at age 16. I've worked in pencil, pastels, watercolor, acrylic, clay, wire, beads, ceramics and oil. Oil is my favorite medium. All of my shows have been in oils.

I am very proud to be a part of the Edgewood Senior Center. There is so much talent within those walls and I thank my fellow members for allowing—encouraging—and welcoming me to this community of artists.

Senior Olympics Registration

Registration for the 2006 Santa Fe Senior Olympic events runs through March 10. Registration fee is \$15, and covers games and a t-shirt. Pick up forms at the Mary Esther Gonzales Senior Center at 1121 Alto St. or call 955-4721.



Senior Olympics Expo & Registration Event

Tuesday, February 7
9:00 a.m. – 2:00 p.m.

MEG Senior Center

Please join us!

For more information, call 955-4721



February Birthday Celebrations

Celebrations for those with a birthday this month will be hosted by the Ventana de Vida Senior Center on Friday, February 10 at 11:30 a.m. and

by the Mary Esther Gonzales Senior Center on Friday, February 17 at 11:30 a.m.

Join us and enjoy music, balloons, desserts and punch!

Kitchen Creations

Edgewood Senior Center 12:30 – 3:30 p.m.

Free cooking class for people living with diabetes. Participants will receive information on diabetes and hands-on cooking experience.

Feb. 3: Food Guide Pyramid and the 50/50 plate

Feb 10: Desserts and Carbohydrates

Feb. 17: Vegetables, Grains and Beans

Feb 24: Heart Healthy Cooking

Kitchen Creations is sponsored by the Santa Fe County Extension Service. To register or for more information, please call Imelda Garcia at 471-4711.

ACTIVITIES



Take Charge Challenge

We are well into our third week of this 10-week physical activity support program. Seniors throughout Santa Fe County have joined this exciting and awesome program to encourage seniors to make physical activity part of their lifestyle for a healthier way of living.

Participants set their own goals at their own level, whether they are already active or just beginning. The exercises can be done in the privacy of their own home or in a group setting, in the gym or at our senior centers.

There are only two more weeks until participants who are meeting or exceeding their goals will get a Take Charge Challenge T-shirt! Keep up the good work!

You can do it! For more information, call 955-4721.



Maintain Your Brain In-Service Training

There will be an in-service for FGP and SCP volunteers in February, to which any interested senior is invited. It will focus on maintaining your brain, and be presented by staff from the Alzheimer's Association.

There's a lot you can do to help keep your brain healthier as you age and the speakers will offer steps that might reduce your risk of Alzheimer's disease or other dementia.

Thursday, February 16 at 9:00 a.m., at the MEG Senior Center.

Come to the Senior Centers and join us for a Valentine's Lunch!



Senior Travel Committee Trips



Laughlin, NV

May 23-May 26, 2006

Price includes round-trip transportation on the brand new luxury coach, hotel accommodations, and one buffet meal.

Single Room:	\$145	per person
Double Room:	\$95	per person
Triple Room:	\$80	per person

Cancellation fee 10%

For information and reservations, call:

Marie Grahn at 983-7183

Joe Martinez at 471-6228 or 470-1581



San Antonio Fiesta

April 23- April 29, 2006

Price includes round-trip transportation on the brand new luxury coach, hotel accommodations at the Holiday Market Square Hotel (close to River Walk, the Alamo, San Fernando Church, trolley), breakfast all 6 days, tour of missions, admission to Sea World and admission to the Botanical Gardens.

Single Room:	\$975
Double Room:	\$800 per person

50% required upon signing up,
balance due March 31

Cancellation fee 10%

For information and reservations, call:

Virginia Lucero at 983-8853 or

Tony Rivera at 455-7777

ACTIVITIES

Rio en Medio Senior Center Spotlight

The Rio en Medio center is nestled in the beautiful Sangre de Cristo Mountains. The drive is breathtaking, and takes just about 20 minutes from Santa Fe to get there. Seniors at the Rio en Medio Senior Center enjoy ceramics, acrylic painting, liquid embroidery and of course, Bingo. This month they have started an exercise class as part of the Take Charge Challenge program. We'd like to say a big "Thank you!" to Toni Martinez for teaching the art class on Tuesdays from 10:00 to 12:00. Also, Christine Sanchez-Warren, Program Coordinator for this center, teaches a ceramic class from 10:00 a.m. to 12:00 on Wednesdays. This fun group invites you all to come join them for activities and lunch, served from 11:30 to 12:30.



Great Job Sing-A-Long Group!

On Thursday, January 19th members of the Sing-A-Long group performed at the Legislature for Senior Day. They were a hit! In addition to this performance, many Sing-A-Long participants volunteer to perform at nursing homes, and public events.

You are invited to join this great group, which meets at 12:00 p.m. on Tuesdays at Luisa Senior Center and Wednesdays and Fridays at 11:30 at the Mary Esther Gonzales Senior Center. (Performing is not required.) Call 955-4721 for information.



"The Pipeline" Bus Dedication

On Wednesday, January 18th a dedication ceremony and luncheon was held in honor of the brand new, Over the Road Coach Bus. This bus will take its maiden voyage – its first Senior Travel Committee Trip - on April 23-29 to San Antonio, Texas. There is still room for the Laughlin, NV trip, so be sure to sign up! (See ad for details.)



SENIOR OLYMPICS SPOTLIGHT

S.O.B.s and Their Vicious Cycles

The following article written by Ginger McGuire appeared in The New Mexican on January 1, 2006.

Biking for the fun of it

Breathing fresh air and being in nature inspires Ramon Montoya to take a spin on his road bike, whether he is in his neighborhood or traveling with other seniors through Pecos or Clines Corners.

"I used to jog, but I got bored with that," said the 72-year old, "I felt biking was better. It's faster and you get to cover more territory and see more things.

"When you stop to rest, you look at the scenery and take it all in," Montoya added. "It's great, having the wind hitting your face."

Montoya, who began riding his bicycle as a hobby in 1989, has been a member of the Santa Fe Seniors on Bikes (S.O.B.) club for three years. The group, with some 50 members, meets weekly in the summer to ride their bicycles throughout the area. Some of the "S.O.B.s" continue to ride together in the winter, and when snow and ice cover the ground, they enjoy skiing outings.

The S.O.B.s formed in 1997 with members from Santa Fe, Galisteo and Los Alamos, said Herb Schon, who has been organizing the group for roughly six years. Members of the group ride both road and mountain bikes – taking trips to Clines Corners and Stanley from Eldorado. They bike up to Hyde Park, Pojoaque, through the Jemez Mountains and Bandelier.

Overnight camping trips are also part of the itinerary.

In addition to riding, Montoya and Schon said the group of seniors collected money and donated nine bicycles to the Santa Fe Boys and Girls Club in November. This was the first year the S.O.B.s made a donation and Montoya said "next year, hopefully we can give 20 bikes."

Born in Nambé, Montoya has lived in Santa Fe with his wife, Socorro, for more than 40 years. The two raised nine children and countless grandchildren. A number of Montoya's relatives spoke of his genuine kindness, as well as his biking achievements. Displayed near photos of his family in the den are nearly 30 gold, silver and bronze

medals, along with a handful of blue ribbons, from the Senior Olympics. He began competing in the Senior Olympics in both bicycling and swimming in 1999, a year after he retired from the State Purchasing Division as a contracting officer.

Last June, Montoya qualified for the National Senior Olympics that was held in Pittsburgh. Moreover, the S.O.B.s awarded him a Sportsmanship trophy this year. He also regularly participates in the annual Santa Fe Century ride. More importantly, he stressed to "always wear a helmet." He has crashed twice and said the helmet broke his fall.

Montoya rode in a mountain bike ride once held on the La Tierra Torture trail for three years, as well.

Rain or shine, Montoya regularly rides. "It's an addiction," he said, because his body craves the exercise. He currently owns five bicycles, often sharing them with his family when they visit. However, biking isn't the only thing this athlete does - five days a week he takes an early morning swim at the Genoveva Chavez Community Center.

"The most important thing is our health," he added. "I try to keep healthy - to enjoy life."

Look for senior related information in the Community News section of The New Mexican every Sunday.

SENIOR OLYMPICS EXPO & REGISTRATION EVENT



FEBRUARY 7, 2006 9-2 PM

M.E.G. CENTER

FOR INFORMATION CALL 955-4721

Rx-America Group, Inc.

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, **Rx-America Group, Inc.** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Gloria at Senior Services at 955-4721.

To obtain a **FREE** prescription search, fill out this form (please print) and mail to Director, c/o Rx-America Group, Inc., P.O. Box 31753, Santa Fe, NM 87594.

Name _____ Address _____

City, State Zip _____

Telephone Number _____ Best Time to Call _____

Prescription _____ Dosage (ml. or mg.) _____

Prescription _____ Dosage (ml. or mg.) _____

Additional prescriptions may be written on a separate blank sheet of paper attached to this one.

HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results. Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), Valerie Dorcy, RN, Lynn Berger, RN, and Frances Vigil, RN, (county centers) on the following dates:

M.E.G. Center - First and Second Tues.	Feb. 7, 14	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs.	Feb. 2	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs.	Feb. 9	10:00 a.m. to 11:00 a.m.
Ventana de Vida Center - Third Thurs.	Feb. 16	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs.	Feb. 2, 9, 16, 23	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Tues.	Feb. 14	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed.	Feb. 15	11:00 a.m. to 1:00 p.m.

SENIOR FITNESS

Resolve to Follow the Daily W's for the New Year

By Jim Evans

DEAR JIM: Every year I make the same New Year's resolution to lose weight and start exercising, but the older I get – I'm 79 now – the less motivated I am. Do you have any tips to help an old gal keep her resolution this year? DISCOURAGED IN DECATUR

DEAR DISCOURAGED: Focusing on a broader resolution of improving your overall quality of life instead of narrowing it down to just losing weight and increasing your level of physical activity might improve your probability of success. Resolve to follow these daily W's for the New Year:



- **WATER**, drink more of it. Dehydration can cause muscle fatigue, leg cramps, and light-headedness or fainting in its earliest stages. Drinking more water can also help you to control your weight - drink a full 8-oz glass of water when you first get up in the morning, before every meal, before every snack, and before you go to bed at night.



- **WALK** at least 30 minutes a day. No cheating – I mean every day. Wear a comfortable pair of walking shoes, put one foot in front of the other and go for it. If the weather is inclement, stand in front of the TV and walk in place for 30 minutes. Speed isn't as important as movement.

- **WASH YOUR HANDS** several times a day. Many common illnesses are transmitted by simply touching your face with your hands during the course of the day, so the more often you wash your hands, the better – not just rinsing them but really WASHING them.
- **WORK** at something every day. Do some kind of project to keep your mind and body active and alert and give you a daily sense of accomplishment.
- **WRITE** a letter to someone every day – a friend, a relative, or someone you haven't heard from in a long time.
- **WEIGH** yourself every day at the same time.
- **WEAR** something comfortable. This might mean forgoing high heels or even a brassiere, but what do you care what anybody else thinks anyway?



Could your Headache Be A Migraine?

(From *Web MD Magazine* Sept./Oct. 2005)

Most people get headaches now and then, but how do you know if it's a migraine? A migraine is a headache in which blood vessels constrict and dilate, releasing inflammatory substances that cause painful pulsations. The mild to severe pain can last from four hours up to a week, two to four times a month.

Your headache may be a migraine if you have any combination of these symptoms: moderate to severe pain (often described as pounding, throbbing pain) that can affect the whole head, or can shift from one side of the head to the other; sensitivity to light, noise or odors; blurred vision; nausea or vomiting, upset stomach, abdominal pain; loss of appetite; sensations of being very warm or cold; paleness; fatigue; dizziness; fever (rare); bright flashing dots or lights, blind spots, wavy or jagged lines (aura).

If you think you might be a migraine sufferer, see a doctor for your treatment options.

SAFETY

Check Lighting on Stairs

(From *Safety for Older Consumers*)



Even if you are very familiar with the stairs, lighting is an important factor in preventing falls. Stairs should be lighted so that each step, particularly the step edges, can be clearly seen while going up and down stairs.

The lighting should not produce glare or shadows along the stairway.

- Use the maximum wattage bulb allowed by the light fixture.
- Reduce glare by using frosted bulbs, indirect lighting, shades or globes on light fixtures, or partially closing blinds and curtains.
- Have a qualified electrician add additional light fixtures and make sure that the bulbs you use are the right type and wattage for the new light fixture.
- You should be able to turn on the lights before you use the stairway from either end. Consider installing switches at the top and bottom of the stairs.
- Keep an operating flashlight in a convenient location at the top and bottom of the stairs, if no other light is available.
- Install night lights at nearby outlets.

Check Smoke Detectors

(From *Safety for Older Consumers*, from the Consumer Product Safety Commission)

At least one smoke detector should be placed on every floor of your home. Many home fire injuries and deaths are caused by smoke and toxic gases, rather than the fire itself.



Smoke detectors provide an early warning and can wake you in the event of a fire.

- Read the instructions that come with the smoke detector for advice on the best place to install it.
- Make sure detectors are placed near bedrooms, either on the ceiling or 6-12 inches below the ceiling or on the wall.
- Locate smoke detectors away from the vents.
- Purchase a smoke detector if you do not have one. Test smoke detectors monthly.
- Check and replace batteries and bulbs according to the manufacturer's instructions.
- Vacuum the grillwork of your smoke detector.
- Replace any smoke detectors, which cannot be repaired.

Check Flammable and Volatile Liquids

(From *Safety for Older Consumers*, from the Consumer Product Safety Commission)

Never store gasoline in the home. The vapor from gasoline can travel invisibly along the ground and be ignited by pilot lights or arcs caused by activating electric switches. If the containers are not tightly closed, vapors may escape that may be toxic when inhaled.

Check containers periodically to make sure they are tightly closed. Gasoline, kerosene, and other flammable liquids should be stored outside of living areas in properly labeled, non-glass safety containers. They should also not be stored in garage if a fuel burning appliance is in the garage. Remove these products from rooms or garages, heat or flame producing appliances such as heaters, furnaces, water heaters, ranges, and other gas appliances.

There have been reports of several cases in which gasoline, stored as much as 10 feet from a gas water heater, exploded. Many people are unaware that gas fumes can travel that far.

For more information, call the United States Consumer Product Safety Commission at 1 (800) 638-CPSC.



PUZZLES

CROSSWORD 12

ACROSS

- 1. Space between teeth
- 4. Teapot pourer
- 9. "Golly!"
- 12. Every
- 13. Kentucky Derby participant
- 14. Like the fish in sushi
- 15. By the shore
- 17. Rental agreement
- 19. Metal containers
- 20. Small blackboards
- 21. Spiteful; malicious
- 23. Church steeple
- 24. Summer drinks
- 25. Sites for goatees
- 26. Laughter sound
- 28. Distant
- 29. Leather strap
- 30. N.Y.P.D. employee
- 31. Printing measure
- 32. Piles
- 33. Fishing rod
- 34. Red vegetables
- 35. Subsequently

- 36. Uses an unfair advantage

- 38. Price
- 39. It "makes waste"
- 40. Flan or *crème brûlée*
- 43. Nickname for Eisenhower
- 44. Paperboy's path
- 46. Sticky stuff
- 47. Domesticated animal
- 48. Scoff (at)
- 49. Hurricane center

- 6. Mine find
- 7. You and me
- 8. Relating (a story)
- 9. Shred, as cheese
- 10. Alleviate, as pain
- 11. Woolly mamas
- 16. Takes a chair
- 18. Units of corn
- 20. Whirls, as a top
- 21. Small restaurant
- 22. Eve's mate
- 23. Searches for bargains

DOWN

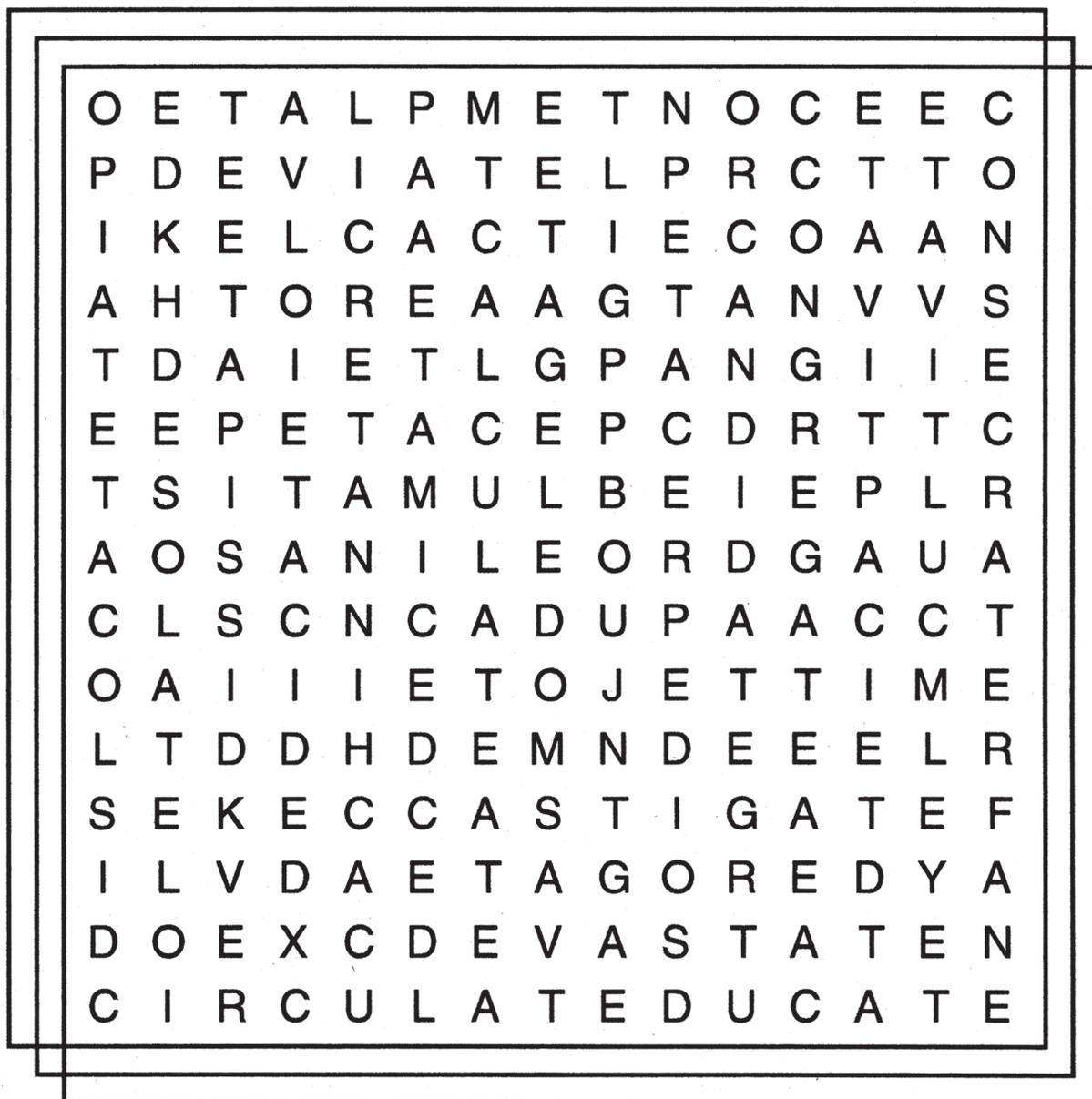
- 1. Auto fuel
- 2. Sudsy brew
- 3. Serving dish
- 4. Glossy
- 5. Pea cases

- 25. Talks informally
- 26. Doughnut center
- 27. Mimic
- 29. Wobbles
- 30. Rustic dwelling
- 32. Warm (up)
- 33. Gone by, as time
- 34. Attack from all sides
- 35. Defeated one
- 36. — off the old block
- 37. Food fish
- 38. Adorable
- 40. Actor's signal
- 41. Cowboy Rogers
- 42. Female deer
- 45. Atop

1	2	3		4	5	6	7	8		9	10	11
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47				48						49		

PUZZLES

WORDS ENDING IN ATE



W-0115

ASPIRATE
CACHINNATE
CALCULATE
CANDIDATE
CAPTIVATE
CASTIGATE

CELEBRATE
CIRCULATE
CONGREGATE
CONSECRATE
CONTEMPLATE
CULTIVATE

DECIMATE
DEDICATE
DELEGATE
DEPRECATE
DEROGATE
DESOLATE

DEVASTATE
DEVIATE
DISLOCATE
DISSIPATE
EDUCATE
OPIATE

PUZZLE ANSWERS

G	A	P		S	P	O	U	T		G	E	E		
A	L	L		H	O	R	S	E		R	A	W		
S	E	A	S	I	D	E			L	E	A	S	E	
		T	I	N	S			S	L	A	T	E	S	
C	A	T	T	Y			S	P	I	R	E			
A	D	E	S			C	H	I	N	S		H	A	
F	A	R			T	H	O	N	G			C	O	P
E	M			H	E	A	P	S			P	O	L	E
			B	E	E	T	S			L	A	T	E	R
C	H	E	A	T	S			C	O	S	T			
H	A	S	T	E			C	U	S	T	A	R	D	
I	K	E			R	O	U	T	E			G	O	O
P	E	T			S	N	E	E	R			E	Y	E

Q	E	T	A	L	P	M	E	T	N	O	C	E	E	C
P	D	E	V	I	A	T	E	L	P	R	C	T	T	C
K	E	L	G	A	C	T	I	E	C	O	A	V	A	N
A	H	T	O	R	E	A	A	G	T	A	N	V	V	S
T	D	A	V	E	T	A	G	P	A	N	G	R	T	C
E	E	P	E	T	A	C	E	P	C	D	R	T	T	C
T	S	E	T	A	M	U	L	B	E	D	E	R	P	L
A	O	S	A	N	C	L	E	O	R	D	G	A	U	A
C	L	S	C	N	C	A	D	U	P	A	A	C	C	T
O	A													
L	T	D	D	H	D	E	M	N	D	E	E	E	L	R
S	E	K	E	C	G	A	S	T	I	G	A	T	E	F
L	V	D	A	E	T	A	G	O	R	E	D	Y	A	
D	O	E	X	C	D	E	V	A	S	T	A	T	E	N
G	I	R	C	U	L	A	T	E	D	U	C	A	T	E

SENIOR CENTER LUNCH MENU**February 2006**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ROAST BEEF MASHED POTATOES GRAVY ASPARAGUS ROLL MILK PLUMS	2 SPAGHETTI & MEATBALLS ITALIAN VEGGIES TOSSED SALAD GARLIC TOAST MILK PEACHES	3 FRITO PIE WITH BEANS, CHEESE & ONIONS CORN CRACKERS MILK PINEAPPLE BITS
6 CHICKEN WITH CREAM OF MUSHROOM SAUCE STEAMED RICE PEAS ROLL MILK ORANGE	7 HAM WITH HONEY GLAZE YAMS BROCCOLI ROLL MILK APRICOTS	8 GREEN CHILE BEEF ENCHILADAS BEANS SPANISH SLAW TORTILLA MILK SLICED APPLES	9 LASAGNA WITH MEAT SAUCE GREEN BEANS TOSSED SALAD ROLL MILK PEACHES	10 MEAT LOAF GRAVY RICE SQUASH & CORN ROLL MILK SUGAR FREE JELLO
13 STUFFED BELL PEPPER WITH STEWED TOMATOES RICE GREEN BEANS ROLL MILK TANGERINE	14 VALENTINE'S DINNER PORK ROAST WITH GRAVY 1/2 BAKED POTATO SPINACH ROLL MILK CHERRY PIE	15 BBQ CHICKEN PARSLEY POTATOES MIXED VEGETABLES ROLL MILK PEARS	16 TAMALE REFRIED BEANS CALABACITAS TORTILLA MILK APPLE SAUCE	17 POLISH SAUSAGE SAUERKRAUT BOILED POTATOES CARROTS ROLL MILK PEACHES
20 PORK GREEN CHILE STEW MEXI-CORN CUCUMBER SALAD CRACKERS MILK LOW FAT YOGURT	21 TURKEY ROAST WITH GRAVY STUFFING MIXED VEGGIES ROLL MILK PLUMS	22 BEEF STROGANOFF OVER RICE GREEN BEANS ROLL MILK APRICOTS	23 CHICKEN TERIYAKI PEPPERS & ONION ORIENTAL VEGGIE EGG ROLL MILK FORTUNE COOKIE	24 SALISBURY STEAK MASHED POTATOES BROWN GRAVY ASPARAGUS ROLL MILK PEARS
27 GREEN CHILE TORTILLA BURGER REFRIED BEANS CUCUMBER SALAD MILK APPLE	28 COOKS' CHOICE			

***Join us in celebrating Valentine's day on Tuesday February 14th.

Please note: Senior Meal Suggested Donations: Breakfast \$1, Lunch \$1.50
Non-Senior (under 60) Meal Fees: Breakfast \$3, Lunch \$4.25



City of Santa Fe
Division of Senior Services
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

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